

Quality Institute Announces Mayors Wellness Campaign

New Jersey “Healthy Town” Winners for 2021

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PRINCETON, New Jersey — The Mayors Wellness Campaign has announced eight 2021 “Healthy Town” winners that are addressing food insecurity, supporting COVID-19 testing and vaccinations, and organizing programs to promote physical and mental health throughout their communities.

The Mayors Wellness Campaign (MWC) is a program of the New Jersey Health Care Quality Institute in partnership with the New Jersey State League of Municipalities. In addition to the eight Healthy Town Winners, another seven towns were designated as 2021 Healthy Towns to Watch, and seventeen were designated as 2021 Healthy Towns Up-and-Coming.

Each year, communities participating in the MWC complete a comprehensive Healthy Town Application outlining the research they’ve done to identify their community health needs and explaining how they have organized their local MWC committee. The application also highlights the actions the towns have taken to make their communities healthier places to live, work, and play.

South Brunswick, 2021 Healthy Town Up-and-Coming

South Brunswick is a first time Healthy Town Up and Coming designee. The township offered a wide variety of programs throughout the year including a community garden, senior health and wellness programs, food insecurity assistance programs, and COVID-19 vaccines, physical therapy, and other health screenings in partnership with Penn Medicine Princeton Health.

“Many thanks to the Quality Institute for recognizing and designating South Brunswick

Township as a Mayors Wellness Campaign Healthy Town Up and Coming. Several of our township departments and community partners continue to provide a variety of wonderful and engaging special events, programs and activities that promote healthy behaviors for all ages, through sports and exercise opportunities, access for those who may need financial assistance for housing and food insecurity, many parks and open spaces for outdoor recreation, organized social events and celebrations, and numerous opportunities for community engagement — all designed to help improve the physical, mental and emotional well-being of our residents,” said Mayor Charlie Carley.